

Words with Humble Pie ^{3rd} © Xen.

Uncomfortable as they are, I have never found eating my words to be an unwholesome diet. However, when consumed a second time with humble pie never is the taste as sweet as the first time. During flight training in the USAF, the #1 rule was never fly on an empty stomach or with a hang over. Always eat before leaving the ground, especially with a hang over. Per unofficial training materials, bananas were a common suggestion. Reason is, they tasted about the same going down as coming up and passed the second time around with far less distress than spicy or chunky foods. Yep, that's right, and the best simile I can give to eating my words with humble pie – except that the taste is a little worse the second time around but not as awful as those damned bananas 😊.

